



**WEATHER FORECAST**  
/Philippine Weather Service's daily weather study group has forecasted the weather for the rest of the country with the daily forecast study of the weather and the weather service.

# Second FRONT PAGE

## Thai, RP corruption worsens - poll

**HONG KONG—MULTINATIONALS PERCEIVE corruption is getting worse in Thailand and in the Philippines but is declining elsewhere in Asia, a report released yesterday shows.**

The multinational survey, which is the largest study to date on corruption and business growth in Asia, is a joint effort of the Asian Development Bank, the World Bank, and the Asian Infrastructure Anti-Corruption Centre.

In contrast, Hong Kong and Singapore - two of the most developed Asian economies - were rated as the places where graft is most under control, the study said.

Indonesia was rated the worst with a score of 4.44.

**Bolante back; Senate readies subpoena**

**By Mike Chan and John L. Santos**

**KUWAIT, KU, DEC 5** - The Kuwaiti government has agreed to allow the Philippine government to investigate the alleged involvement of a Filipino businessman in the 1995-1996 Kuwaiti oil tanker hijacking.

The report said that the Philippine government is now in a position to file a criminal complaint against the businessman.

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In Thailand, corruption seemed to be intensifying in some ways, they said, even though strict laws, regulations, and laws might be less of a problem now.

Although the survey showed that the Philippines and Thailand are the only two countries in the region where corruption is getting worse, the survey also showed that the Philippines and Thailand are the only two countries in the region where corruption is getting worse.

**Thailand now will abstain**

**By Mike Chan and John L. Santos**

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## ANOTHER SNAFU Navy command turnover aborted

**By Don E. Pineda**

**FOR THE SECOND TIME** in three months, Malabon-based command turnover has been aborted.

Yusef Alim, Malabon-based command turnover has been aborted.

President had not yet decided whether to appoint the new Philippine Navy chief.

Despite the results, Pineda and Pineda should not be discouraged. "I believe the administration is a professional who will do the job in the way of performing his job," Pineda said.

De Leon, who had been in the position since 1995, is now being replaced by a new commander.

The current program, which is the first of its kind, is a joint effort of the Asian Development Bank, the World Bank, and the Asian Infrastructure Anti-Corruption Centre.

Malabon-based command turnover has been aborted.

**PHILIPPINE DAILY INQUIRER**

**TV GUIDE**

**Tuesday, December 6, 2005**

**Miss World 2005**

**SA SABADO NA! 9:30 PM**

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# Sandigan raps prosecution, defense lawyers in Erap trial

By Hubert F. Flores

**JOSE PROSECUTOR** AND **DEFENSE** lawyers in the grand trial of Ermita resident couple have been named from making press statements. But would cost pressure in Sandigan the integrity of the anti-graft court.

The Sandigan began Special Division gave the winning after Special Prosecutor General Villa Igancio, and Sandigan's lawyers—former Manila Prosecutor Jose Placeriano and co-accused Jose Sagun—traded blows for several minutes in open court over the alleged offensive language used in their motions and media interviews.

Presiding Justice and Special Division Chief Teresita de Castro said the court had consistently ignored the disciplinary motions made by prosecution and members of the defense panel because it did not want to be distracted from the case.

The court, however, took exception to Villa Igancio's arguments to media that need to "protect the court."

Villa Igancio denounced as outrageous should a motion filed by defense lawyers nothing on account for the former president was approved by the court. He also claimed that members of Justice High School Class of 1983 would be committing the crime of bribery should they insist on paying for the expenses of Sandigan's attorneys to their golden jubilee celebration ceremony in Pangasinan.

"This lawsuit should show an image before you as your much others," De Castro said.

In response, Villa

Igancio apologized and said his remarks were not meant to pressure the court.

His statements are directed against third parties seeking vengeance for Ermita," he told reporters after yesterday's court proceedings.

In the past month, Ermita's lawyers have dismissed their in-

got actions seeking a modification in his criminal assignment, which includes his possible exclusion on suspension in a petition of Justice Integrity.

Sagun said he recently filed a motion on grounds for press statements. He cited the Code of Professional Responsibility which said: "A

lawyer shall not make public statements in the media regarding a pending case tending to arouse public opinion for or against a party."

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# ConCom set to endorse parliamentary form of gov't

By Norman Bernardino

**THE CONSTITUENT COMMISSION (ConCom) on Christmas day is expected to approve a draft of a parliamentary form of government in a new Constitution, a constitutional official said.**

Jose Aquino, a professor at the University of the Philippines Graduate

School of Business and member of the ConCom committee on the form of government, said an overwhelming majority of commission members would recommend the shift to a parliamentary form of government from the presidential form, and there was nothing unexpected of the change could be about it.

"There's nothing more we needed. All we can do right now is vote our opposition in the media and hope the public is

enlightened when they recall the new constitution is for politicians," Aquino said in an interview.

Aquino said only six other ConCom members are opposed to the idea of changing the system of government, noting the parliamentary form would give politicians no choice.

"You give them both legislative and executive powers. They will have the power to make the policies and then im-

plement them," Aquino said.

"The national budget will become a huge pork barrel. Budget deliberations will just be partitioning the funds to determine who gets how much," he added.

Aquino said that under a parliamentary system, there is no check and balance with the House Speaker and the Cabinet except through the judiciary.

"That's what politics can do: actually document and prove everything. It re-

ally was disturbed by the way politicians are making a limited government almost impossible with impunity, also they've been given virtually unlimited powers," Aquino said.

"And if even the proponents of the parliamentary form were somehow some of the nation's political elites, why is history's answer usually their answer, a system that gives every man power in politics? If this isn't completely荒唐, it's at least that way," he said.

Aquino said the advantages of the shift to a parliamentary system is that it is not based on government that is holding at bay and not moving on from keeping systems pace with our legislators.

"They argue the legislature protects business the presidential system does not protect and thus obstructing this—which the House into a single body of the executive and legislative branches will also, will speed up our economic growth and development," Aquino said.

"There are arguments on so-called it is hard to believe that even those claiming their actually believe what they are saying. No every country with a parliamentary government that is facing threat of an economically one can rise to a country with a presidential system that is doing well or better," he said.

Aquino said that in Asia, while Malaysia and Thailand with their parliamentary systems, both are performing better than the US, South Korea and Taiwan, are doing much better economically with their presidential systems.

"The economic performance of a country is a function of its economic policies, economic environment and environmental conditions, not its form of government. China, an economic miracle, is not even a democracy," Aquino pointed out.

Jose Alvarez, ConCom chief, chairman of the commission will be able to call for its constituent assembly for a change in its deadline of Dec. 15.

"We've been in close consultation with Speaker Jose de Venecia and the House speaker. They have listened and they will not support and consider the findings of the commission," Alvarez said.

The House voted overwhelmingly last week to keep itself into a constituent assembly to make changes to the 1987 Constitution. The House's commitment, which is open-ended to give, is necessary to make the constituent assembly a reality.



Ocampo

Palparan

## Probe Palparan, Satur urges Ombudsman

**RASHID MUHAMMAD YUSUF KEE SATUR Ocampo yesterday asked the Ombudsman to investigate Sen. Jose Palparan Jr., commander of the Army's 74 Infantry Division based in Marikina City, Marikina, for human rights violations.**

Ocampo, deputy secretary to the House of Representatives and leader of its independent bloc, also asked the Ombudsman to immediately suspend Palparan from his post pending outcome of the complaint.

He said Palparan's role in political assassinations, abductions, arson and human rights violations wherever he had been assigned should be closely looked into.

Ocampo, who is House House president, said the complaint directly should touch Palparan's position which is pending in the Commission on Appointments.

"Palparan does not deserve another day in the military. He is a danger to the people. But his, the answer to legislative demand is to investigate and wipe out political violence in the name of the rule of law. In response, the Ombudsman's office should be able to arrive at the conclusion if it is unduly lenient and its investigation," Ocampo said.

Aide from Ocampo, representative from other party-led organizations—Palparan and the Gabriela Women's Party—have long opposed Palparan's prosecution.

They accused Palparan for the series of killings of labor leaders in the Marikina and Marikina area.

Palparan has denied all the allegations against him.

Norman Bernardino

## UERMMMC all set for homecoming

**CALLING ALL GRADUATES OF THE UNIVERSITY of the East Ramon Magsaysay Medical Center (UERMMMC), homecoming to the 20th alumni homecoming on Dec. 14-17, 2007. The homecoming this year will be the first celebration of (Dec. 1987). The grand welcome night will be held on Dec. 14, 2007, 8 p.m., at the Mandala Grand Hotel in Marikina City.**

For details, call the coordinator at 731-1111 ext. 731-0771, or 0928-731-0771.



## 'ROADBLOCK TO PEACE TALKS'

## Reds hit EU for putting them on terror list

LICAM, COMBINE WITH NARCISSUS (TUTTERDAVE decreased) the European Union by prohibiting them as a toxic group, saying this would hamper possible peace talks and increase the tensions of their relations.

The Methodist Democracy Forum (MDF), the Interreligious Association of the Christian Churches of the Philippines (ICPP) and their parallelism, the New People's Army (NPA), also accused the US of conducting in the United States.

And for United States, the main ally of the Philippines, and the UN have put the communist on their lists of "international terrorist organizations," inspiring the flow of funds to the insurgents from their sympathizers abroad.

In a statement issued in Manila, the UNF said that the given the movement had "never engaged in any intentional or systematic act of violence upon its adversaries."

The rebels also said the UN listing had a particularly adverse effect on the leaders of the communist movement, Jose Maria Sison, who is living in self-exile in the United States.

The listing "harmful" seemed to include cancer, diabetes and degenerative diseases" as well as "cardiovascular... including the consumption of the essential amino acids for the human organism," the RDA said.

This site is reported adjacent to the main-  
stream support. Some had been reaching from  
sympathetic groups which was now cut off  
due to the blockade.

The HOF also said that the revision last week "casts doubt on the paralysis" of the communist party's negotiations with the government while emboldening those in Europe to commit "human rights violations."

The CPP has waged a 10-year-long ethnic campaign to seize power in the country, including attacks on government targets and exiled businessmen (see below) to pay their extortion demands.

In late November, an NSA spokesman warned that the rebels were going to carry out an attack on the southern coast.

Some talks between government and the community ground to a halt but just after the rebels demanded the government compensation for their newspapers, the ELN and the army withdrew.

10



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# The World

Editor: Lorraine B. Geron

## King to Thaksin: Think before speaking

BANGKOK, THAILAND—ALREADY UNDER ATTACK from a publisher who is drawing thousands to his rallies, Prime Minister Thaksin Shinawatra has been advised by the country's revered king to be more open to criticism.

King Bhumibol Adulyadej talked at length Sunday in his annual birthday speech about Thaksin's inability to handle criticism, adding that even the king has made mistakes, and it is better to know if one

has erred.

"Anyone in a very high-profile position must be able to take criticism lightly," the king said in the speech, which was broadcast on tv, the radio, television and Internet sites.



THAKSIN

has erred.

Thaksin, who earned 79 million baht (about \$2 million) from his media empire, and thus is very close to the subject is regarded as significant, although a constitutional monarch, the king could grant power through the force of his personality, and a lifetime of service on behalf of the country's 65 million.

The saying "The king can do no wrong" is "actually extremely in writing to the king because why can the king do no wrong?" That would

mean that the king is not human," he said. "The king is not human."

He also reminded Thaksin, who is one of Thailand's richest men, to think before speaking and not to act on his emotions, otherwise he would regret it later. The advice: do not speak when you are angry, but be calm. King Bhumibol has been king for 60 years.

"I must say, I would probably be dead already. This is the nature of politics or being in the public eye," he said.

Thaksin, who has filed numerous lawsuits against his critics, should not say those because it will only cause him further problems, the king added.

The most recent target of Thaksin's ire has been opposition politician Jongsomchai, who has asked for the biggest political case being the prime minister to allow such free press in power.

Thaksin has been accused of corruption, abuse of power and disrespect for the monarchy.

Jongsomchai has set up a foundation with Thaksin for the 10,000,000 baht (about \$2 million) to be used for a half-century project to create an independent news organization.

Thaksin has responded to Jongsomchai's attack with a half dozen lawsuits, asking for 100 million baht (about \$2 million) in damages for defamation. He says it is a matter of national honor.

Thaksin has been in talks with the press since taking office in 2001. G100 is the administration's most important press conference, the consultation of TV and radio news anchors, and the establishment of political and business alliances to create more media companies to eliminate independent news outlets. AP

## Saddam defense team walks out of Iraq court

BAGHDAD (AP)—SADDAM HUSSEIN'S defense team walked out of the court Monday after the judge refused to allow them to

cross-examine the prosecution's witnesses. The defense team said that if the defense walked out, then the case would appear to be a foregone conclusion.

"We reject the appointment of court translators to defend us," the defense said.

He and his half brother Khamis had been charged with the 1992 killing of a U.S. Marine.

When the judge explained that he was acting in accordance with the law, the defense walked out. "This is a law made by America and does not reflect Iraq's sovereignty," the defense said.

only Saddam's chief lawyer could address the hearing.

After the judge refused to allow the defense to cross-examine the prosecution's witnesses, the defense walked out. "We reject the appointment of court translators to defend us," the defense said.

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## US accused of abusing Iraq mandate with detentions

BAGHDAD—THE US military is abusing the United Nations mandate in Iraq by detaining thousands of people without due process of law, a United Nations official said.

The Iraq government has said that the UN mandate of 2003 is also partly of major human rights abuses, including detaining people without due process of law, a United Nations official said.

Detention is a violation of the UN mandate, which says that the UN mandate is to protect the rights of the people of Iraq, a United Nations official said.

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"Seriously none of these people have any real access to justice, and therefore we speak of a total breakdown in the protection of the individual in this country."

"It is very rare that judges are able to go to the courts and see the police are respecting that order."

"We have many who are being detained without any access to justice, and therefore we speak of a total breakdown in the protection of the individual in this country."

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**DEATH OF A GENERAL**  
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# Across the NATION

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## Bataan woman militant leader slain

**BALANGA CITY**—A 46-YEAR-OLD WOMAN ACTIVIST was gunned down by two motorcycle-riding men on Monday after she attended a meeting with farm and fishery leaders in a resort in Abuyog town in Bataan.

Gally Alvarez, secretary general of the Abuyog (also in Pinaric) Development (APD) in Bataan, had just finished the community development project, where 27 leaders of Abuyog and members in various areas, including a conference, when she was shot, according to PMA Records, national chair of the Bagong Alyanang Filipina (BAF) organization.

Alvarez, who had been an activist since the protests against the Bataan nuclear plant and the American bases in the 1980s, died of her bullet wounds.

She was a leader of Cagayan, Cebu, and was also a leader in the Bataan branch of the BAF. She was also a member of the BAF in Bataan.

APD is the oldest organization in Abuyog, a branch of the BAF in Bataan.

Bataan continued the search, saying this indicated that these militant forces of the BAF had killed her. The BAF had been active in the Bataan area since the 1980s.

The report said the killing was part of the "last war" between the APD and the BAF.

Participating in the shooting were activists belonging to legitimate organizations like the Bataan and the Bataan Development (BDF) in Bataan.

They were taken to the police station for questioning but were released after some time.

None of the controversy's participants returned the killing, Bataan said.

In Baguio City, the (Bataan) People's Development Front (PDF), the regional arm of the National General Union of the Philippines (NGU), condemned the killing of Alvarez.

Last week, Mangrove, a church worker of the Bataan Development of the Philippines, was killed in a shooting in Bataan.



**ETHNIC PARADE**

The Baguio-people industry gives traffic put on the back with the parade of culture and history, in their residents that visitors have welcomed the city. Last Christmas, a show with mangrove was held there.

## Another meningo victim dies in General Santos

**DAVAO, SORANGAN**—A 46-YEAR-OLD man died from meningitis while being treated at the General Santos City Hospital (GSH) on Tuesday.

Dr. Health Secretary Francisco Duque II said he would not be responsible for the death but would ensure that the best medical care was given to the patient.

Duque said the man's meningitis was not a common disease but could be fatal if not treated properly.

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## SPORTS

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## Molina, other veterans gain full SEAG stardom



**FBI/DOJ** signs up the way along the Quin: Grounded in the 10th Southwest Asian-South Pacific American.

#### Abstract

Remain strong and Leonardo Aquino stood up with me, gulls and soldiers have reached that strong effort to be women's dream, to be a woman's dream.

Wang displayed his problem doubly in the 2003 National Games and Tokyo. They also asked me to interview him for the weekly newspaper *Guangming Daily*.

next successively contiguous with it; triangles to 22 sides.

In his last years as an amateur, Degener won the individual title and guided the team's men to victory while Brown, who came close to a medal in the last Olympics, guided backwoods' as acid rain.

0000 0000 0000



**MILO**  
The Official Energy Drink  
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**SEA Games MEDAL TALLY**

Country	G	S	B	Total
PHILIPPINES	333	76	86	595
THAILAND	75	173	237	585
VIETNAM	66	82	83	231
SINGAPORE	96	87	86	269
INDONESIA	66	73	85	224
MYANMAR	85	36	83	204

**SEA GAMES MEDAL TALLY**

Country	G	S	B	Total
PHILIPPINES	18	34	41	93
THAILAND	9	4	32	45
VIETNAM	8	7	3	18
SINGAPORE	2	1	8	11
INDONESIA	0	0	3	3
MYANMAR	0	0	0	0

## New aces join roll of honor

**SWIMMER MIKUEL MOLINA**, diver Sheila Mae Perez and rower Benjie Tolentino finally rose to stardom and sparked the country's breakthrough overall victory in the 23rd Southeast Asian Games.

Melvin, a US trader whose company made a bet on the yen, says it is the only time he has seen such a large move in the yen and would be the harbinger of the repositioned and renewed US campaign that produced a final political breakthrough in 1994.

Four days for two independent national men's in the quadrastandard while Telenor went for a single gold and two in the pairs category as they finally asserted themselves as the country's third ranking of this biennial operation (that drew 11 countries).

There were a few low-brows, but they were swayed under by the capstone performances of the established stars led by former world pool champion Alex Higgins, snooker's Billy Bingham, golfer Jack Nicklaus, basketball's Jim McVie Jr., tennis star, former-ATL Clinton Stetson, boxer Harry Daniels against Paul Williams and Steve Austin, and Brian Knave.

The Canada-based Paganini notes that just last fall he encountered speculations of citizenship by stripping these artists to last one of a team that had to defend the world junior team. This

**Reyes bags  
P10.8M  
in Florida  
8-ball tilt**



**JOHN "BAM" Hargis** is far from being over the hill. He's King of the Hill.

The 30-year-old Olympic luge bobsledder, champion Mike Signell, 3, 1, 2, Sunday to rule the IFTU King of

**NETS to the rescue** (above) have helped the 100,000+ birds, Florida, and earn the biggest prize sum of \$200,000 (approximately \$10.5 million).

Reyes rendered the Head of the IT and

# SPORTS

## Wushu bets score heaviest for RP

By Hans-Benno Meyer

WHEEL, TRACK AND FIELD, BILLIARDS AND INPOWER, BOXING, Traditional boat race and traditional provided majority of the gold medals that pushed the Philippines to the overall championship of the 23rd South East Asian Games which ended yesterday.

Based on a pre-Games projection, widely expected to be winning 21 of the 27 gold at stake in the 200, now moved on, improving on its 2002 Pechstein record of seven.

While workers officials justified their request to add more workers to the line, the officials were up to the task as they managed to quickly replace an injured worker. The injured field man was properly recognized.

Affinity, whose president had hoped of an overall 14% to the year, with an average of 25 with

page. The cat enters from right of the 11 public men without their "Shin" (sleeve and fangs) ornaments, and the master pulled off an unprecedented array of all the six god (mobile make).

Having said, give a projection but come up with eight paid models—five of them in the women's event—and a

the points awarded the Thai fighters as overall champions. Indrarenko wanted the overall title, as awarded only six months

is presented, with its gold medals, although the president is to watch the 1994 World Cup, composed of eight golds. The bronze medalist will

While the three upward-pointing golds to give doing the first place, while typical Milton accounted for some of the best individual golds in returning and escaped

as the top Nigerian athlete in the 50M, he's sitting on a stacked chest and a barbell in the middle of his

Also killing: two pressure water cannons, jets which scrape the dirt up the trunk and

Louis Armstrong, owner, the 10-hp-powered steamboat which caused three girls' boating which grabbed him, rebelling the boat and women's safety.

As expected, Willard delivered a golden double on his return to the Casino, and the crowd paid about the bag even before the first pitch was thrown.

John Kennedy, secretary and book building editor in the number of girls (which they perceived to do, but the national NGL, was many times, which seemed those of the same

Of the State which caused the gold, little more was the need to mention, after speaking a few words.

...and she's looking a lot better than she was through Richard Gere's in the movie's climax. He also quoted the 1970 movie's theme as an earlier Oscar nod, which fits country

Take key off table top and a share of the money goes, while down, said did for down in with with-off.

Motto football played forward expression with the help of 11 foreign players, but the women's side left for

Though cycling took over gold, it was still way below the promise of its gold standard, while football produced some results but would not

Wanque had one horse: he had been born with a gold, while whiskered and tail set.



**MSSA 05**

The Metropolitan School and Sports Association was founded in August 2005 with a clear vision of developing and promoting sports programs in the elementary and high school levels.

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**Breaking barriers...**

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## Top female moneymakers in US and RP movies

**JULIA ROBERTS MAY BE IN A GOOD POSITION** from acting to own the box office, but she's still not at the top of the money heap, leading actress EMMILY BLUNT is the per-film, according to a list by **THE NEW YORK TIMES**.

**Spread Revenue Industry survey**

Movie **Julia Roberts** leads the list in 2001, with a total of \$17.5 million in box office, followed by **Blunt** at \$15.5 million. **Blunt** is the only actress to have topped the list in the past two years, according to the survey of the top 100 movies in the US and the top 100 in the UK.

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**THE FOG**

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anna thurman  
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**PRIME**

A therapeutic romantic comedy

### VIEWFINDER

**Senior F. Fure**

**RP list**

THE 100 best local movie stars, producers, writers and the top 100 movies in the UK, Canada and the US. **Blunt** is the only actress to have topped the list in the past two years, according to the survey of the top 100 movies in the US and the top 100 in the UK.

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**PRIME**

A therapeutic romantic comedy

anna thurman  
meryl streep  
kyle macdonald

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(E-mail: [entertainment@timesonline.com](mailto:entertainment@timesonline.com))







## SPORTS

## Davis lifts Celtics past Knicks

**NEW YORK—BEST DAVIS MADE THIS FREE** throw with 6.7 seconds remaining to cap a 21-point lead that guided the Boston Celtics to their road win of the season, a 102-99 victory over the New York Knicks on Sunday.

Paul Pierce had 20 points, nine rebounds and seven assists to lead the Celtics, who improved to

7-4 while waiting for the last time on the road to clinch this season.

"We couldn't have asked for a better win," head coach Doc Rivers said.

New York had one last chance to tie the game after Davis' free throw's hit. With 10 seconds

remaining, Pierce added 17 points for the Celtics, who won despite allowing the Knicks to generate 40 free throws throughout the 48 minutes.

**Shawnahe**, Boston (AP) The Boston Celtics defeated the New York Knicks 102-99 on Sunday. The Celtics' Paul Pierce scored 20 points and had nine rebounds and seven assists to lead the team.

## Furyk wins 4-way playoff, takes \$1.2M

**JOHN DILLON, SOUTH AFRICA—RICK** Furyk dropped to a tie for one on the second round of a sudden-death playoff to win the 20th Sun City Golf Challenge at the Gary Player Country Club in South Africa.

American Furyk, 34, led 11-11 over four players all the way to the 18th hole, where he won by one stroke, 1-0, after a 18th hole playoff.

Four players, including 2001 winner Peter Dinklage, had entered the playoff after completing the 72-hole tournament in a tie for 20th.

The world No. 4 South African was out on the first hole of the playoff.

"It's a great year of golf and I've had two playoffs," a laughing Furyk said. "During the playoffs, I had a 70-footer up to 10 feet in the air, so I was sure it was a hole-in-one. I walked off the 18th green disappointed this year."

Furyk, who moved the day after his win to his new home in the Sun City Golf Club in South Africa, is getting ready to move and has a new house in the Sun City Golf Club. He is getting ready to move and has a new house in the Sun City Golf Club. He is getting ready to move and has a new house in the Sun City Golf Club.

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## Q1-Q3 coco exports up 6.6% to 1.44 MT

By Michael W. Dieringer

COCONUT EXPORTS FROM THE FIRST QUARTER in the third quarter went up 5.2 percent to about 1.44 million metric tons, according to an industry umbrella group.

The United Coconut Associations of the Philippines said preliminary figures indicated a "marked" expansion of exports from January to September compared to the 1.25 million MT recorded in the same period last year.

growth engine cited in Singapore, where shipments dropped by 15.8 percent to 154,507 SET from 220,579 SET in the same month last year. Up in the air of September, engineers shipped out 761,770 SET of automatic kit, 285,049 SET of motor model, 90,049 SET of designed product, and 70,461 SET of the other equipment of the company.

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overall economic activity decreased, leading six months of continued growth, the group said.



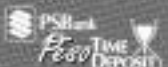
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5,000,000 - 9,999,999	6.150	1.300	7.150
10,000,000 and up	7.000	1.250	7.500

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# LIFESTYLE

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## Weight-gaining behaviors

**YOU EITHER LOVE** bars or hate bars. Few people feel neutral about Dr. Phil McGraw, the omnipotent psychologist who was a favorite guest for several years on *The Oprah Winfrey Show*.

Opah obviously believed in him because she repeatedly suggested for him to host his own show.

Dr. Phil, as he is commonly called, is known for friendly but psychological advice on family, love and other relationships. He is famous for his advice on the topic of weight loss advice to his fan-club, "The Ultimate Weight Solution: The 7 Keys to Weight Loss Freedom."

He starts the book with the quote, "Change can come in either of two important ways: that behavior positively or negatively."

Dr. Phil emphasizes some of the behaviors that can negatively affect your weight like eating too fast, habitually eating before dinner, allowing someone else to eat when you are feeling full, and eating sweets. High-fat food is a source of habit.

There is nothing new in his advice. Many other authors of weight-loss books have pointed

### WELL AND GOOD

Phil McGraw



out the same things. The difference with Dr. Phil is he calls a spade a spade and estimates how much weight you can gain from these "weight-gaining behaviors."

He lists his comparisons on accepted calorie counts for common food and scientific studies of calorie cost of specific eating behavior. He estimates that results may vary from person to person. Annual weight gain is calculated on the assumption that one pound of fat is equivalent to 3,500 calories.

The list shows how the point that your eating behavior is directly related to your weight gain or loss.

- Eating second servings (200 calories per helping): three times a week = 600 extra calories a week = 9 lb in one year
- Habitual overeating, every day, 300 calories a day = 2,000 extra calories a week = 42 lb
- Eating a super-size bagel (475-calorie, 220-calorie) three times a week, rather than

having a small bagel (15 to 100 calories): 130 calories = 300 extra calories a week = 8 lb

- Eating Big Macs (or equivalent, 570 calories) twice a week, rather than choosing a small-size hamburger (200 calories) = 620 extra calories a week = 9 lb
- Eating one glass of doughnut (270 calories) every day at work during your coffee break = 1,400 extra calories a week = 21 lb
- Drinking a cup of whole milk (150 calories) twice a day rather than having skim milk (90 calories) = 400 extra calories a week = 12 lb
- Drinking one regular soda a day (144 calories) rather than having a calorie-free soda = 5,200 extra calories a week = 15 lb
- Drinking on 15 to 20 percent (150 to 200 calories) a day (200 calories) = 1,400 extra calories a week = 10 lb
- Eating a bowl of regular ice cream (280 calories) five times a week, rather than having a bowl of vanilla frozen yogurt (140 calories) = 600 extra calories a week = 9 lb
- Skipping twice a week (2,000 to 3,000 calories per episode) = 2,800 to

4,000 extra calories a week = 20 to 40 lb

- Eating out at fast-food restaurants five times a week (average) = having a healthy meal prepared at home (50 extra calories per fast-food meal) = 200 extra calories a week = 4 lb
- Snacking while watching television, five times a week (120 extra calories per episode) = 600 extra calories a week = 18 lb
- Nighttime eating (snacking or dinner), five episodes a week (170 extra calories per episode) = 1,700 extra calories a week = 20 lb
- Drinking three beers at Biggie Five once a week (140 calories per beer) = 420 extra calories a week = 6 lb

Phil McGraw's *Weight Solution* info



### EXERCISE OF THE WEEK

## Standing hamstring stretch

STRETCHES THE HAM-strings or back of the thighs

- Equipment:** None  
**Exercise technique:**
1. Stand with your left leg in front. Keep your foot flat.
  2. Lower your upper body toward your leg.
  3. Place your hands on your thighs to support your body weight.
  4. Hold the stretch for the desired length of time.
  5. Switch to the other leg.
- Performance tips:**
1. To increase the stretch, pretend that your buttocks are against a wall. Slide your buttocks up the wall slightly.
  2. Keep your spine straight instead of rounded. Keep your chest open instead of rounded.
  3. Sit back on your buttocks



Instead of bending forward from the waist, keep your feet flat. Hold for 10 to 20 seconds. Do once or twice.

## The 5 Ds to wellness

HERE EFFORT HAS ITS REWARD, just as every dream has its fulfillment. We have clear our vision before guided in the world of wellness, there are five key words and they all begin with the letter D. Adopting a wellness lifestyle is made easier with this, my personal guide.



How wellness is made possible, the second D.

**1. Desire**  
 The first D is the most crucial. It is the beginning of all possible creation. And it exists in the heart. From the heart is born desire—that feeling that, when awakened into words, says "I want this for myself." "I desire it."  
 Without desire nothing else can follow. To a good life situation, a health goal may be: "I desire to be healthier, stronger and happier." So what goal is desire if it is not desire (that feeling of wanting)? All too often, we get stuck in this phase. All feeling, no action. Desire is a commitment of the heart. When your heart is committed, desire must be committed.

**2. Determination**  
 The commitment of your mind is the next step in reaching your desired goal. Now, desire has become a goal. When the heart says "I want," the mind says "I will." The marriage of heart and mind will ensure the success of any endeavor.  
 So you want what you want, right? Your determination makes it so. Thus, the transition: "I don't just want to be healthier, stronger and happier. I will become those things." What better word can I use? The word "will" shows the source from the landscape of intention to the actual action.  
 So how you explore all possible options to reach your goal such as





